

Free NHS Health Checks at The Folkestone Nepalese Community (FNC) Centre in Folkestone 2023/2024.

First NHS Health Check event at the FNC Centre in Folkestone took place in October 2022 and the Nepalese community centre was bustling with activity.

Many community members were interested in receiving a health check, health MOT, or Blood Pressure and BMI check. Some individuals had difficulty speaking English, but there was a lot of support available. One of our advisors was able to speak the language and the community centre staff were also on hand to assist, making the process much easier for our clients.

Having wellbeing event in a familiar environment, helped to build trust and confidence in receiving a check-up. The Community Centre management also put in a lot of effort to promote our event through posters, leaflets, and social media, resulting in a large turnout on the day.

Our first event was a great success and the manager of the centre asked if we could arrange more dates. We agreed to hold events on a quarterly basis and have since had more successful events at the centre.

The community centre staff have expressed the importance of having us there, as many community members do not visit their GP or have a health check at their local surgery due to language barriers. Having the support and checks available in a familiar setting has made a big difference, especially for elderly members.

Rafal Majcher (NHS Health Checks Outreach Project Manager)

	NHS Health Check (with Cholesterol test)	Health MOT + BP and BMI Checks	Lifestyle Conversation	One You Referrals
04/04/23	3	3	6	0
20/06/23	3	4	7	2 weigh loss
05/09/23	4	17	21	0
05/12/23	3	5	8	1 lifestyle
07/03/24	2	6	8	0